



Caring Palms Massage and Reiki Newsletter March 2018

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some news, and a couple articles. We also have a workshop this month, and another next month.

I hope you enjoy what we have here.

Studio Closed March 4th

The Caring Palms Massage and Reiki studio will be closed Sunday, March 4th while Monique takes some personal time. Caring Palms will reopen Monday, March 5th at the usual hours. We will also be open Sundays for the rest of March.



March Special

\$10 off any Reflexology Session with Monique

Reflexology is the study of the body's reflex response, when one part of the body affects the function of other areas in the body. Through this practice, points in the feet, hands, and ears are pressed to affect other parts of the body, getting them to change and return to normal function, or continue to maintain proper function.

Give the gift of health. \$10 off any Reflexology session with Monique.

Ascension Theory Workshop Ascension Theory: Working with Spirit Energies and Using Them in This Life Rising Above It All

Saturday, March 31, 2018

Cost: \$25, Pay at the door, or register online [HERE](#).

Join us at Caring Palms for a workshop in Ascension Theory and its Energies facilitated by Brian Dean.

There are many ascension theories. It is basically what we do when we pass from this life to the next. But the energies are always available to us, and can be used to enhance how we live in this life. The more we raise our energies and raise our vibration, the more we can rise above the troubles, the drama, the "noise", and then be in a position to help ourselves, and in turn help others. It enables us to see more clearly so we don't get dragged into the darkness. It allows us to rise above and release our problems. This is the first in a series of bimonthly workshops that will help the participant to open to newer, higher vibrational energies, and then use these energies to keep themselves focused, centered, and calm. Eventually, the participant will be able to feel the energies around to understand people, problems, and give them the wherewithal to help if they want.

Each workshop will be a stand-alone training with a meditation and an attunement/activation that will be individual to each person. You may come to any of these or all of these as they will be self contained. All you have to do is show up!

We recommend that you bring a pillow to sit on, as space is limited.)

The cost for this workshop is \$25 and can be paid at the door or online.

Please let us know if you will be coming so we can plan accordingly, and *please come early* if you are paying at the door, so we can start the class on time.

Group Past Life Regression

Sunday, April 15, 2018

Cost: \$26, Pay at the door, or register online [HERE](#).

Please join us at Caring Palms for a Group Past Life Regression event facilitated by Laura Bogen, Certified Hypnotherapist and QHHT Practitioner. Using simple, but effective visualization techniques, the first part will include experiencing one of your past lives that is most appropriate for you to see at this particular time in your life.

Did you witness the library of Alexandria burning? Did you help discover the New World? Perhaps you were a knight in medieval times? The possibilities are endless.

Then stay a bit longer for the second part, where you will be able to explore a distant future life. You may witness unforeseen technology, interesting concepts, and even otherworldly events and beings. After all, the future is what you make of it... All of this will be prepped by a short series of visualization exercises created to help develop your imagery skills, which can have many benefits. Some benefits include building your inner sight (also called clairvoyance), sparking creativity, reawakening your imagination, and more. All you have to do is show up! (We recommend that you bring a pillow to sit on, as space is limited.)

The cost for this workshop is \$26 and can be paid at the door or online.

Call Caring Palms to reserve your spot. Check out Laura's website [HERE](#).

Please let us know if you will be coming so we can plan accordingly, and *please come early* if you are paying at the door, so we can start the class on time.

New T-Shirts for Sale

In a flurry of creativity, Caring Palms has created nine new t-shirts that are available on the website. And although we have said the following many times, we still keep getting told that people wished they came in colors other than black. All shirts available through the website are available in

**MANY
COLORS**

When you order a shirt, you get to choose the color you want. Keep in mind the colors offered are ones that the designs will show up on, and it changes per design. And just to prove that, the pictures here are only a sample of the colors available.

We have also added a page that shows all shirts we sell [here](#).





Leave a Review, Enter Our Drawing

Leave a review and be entered in a drawing to win a free session. If you have enjoyed the services at Caring Palms, whether that be massage, Reiki, or classes, or something else, please leave a review on one of the review sites like Google, Facebook, or any of the many places that take reviews. Lately, it has been these reviews that have been bringing new clients into the studio, and all have been glad they found us.

Anyone leaving a review will be entered into the monthly drawing to win a free session (massage or Reiki). Reviews made between the first and last day of each month will go into the drawing, and the winner will be pulled on the first of every month. Thank you all that have left reviews, and congratulations to the people who have already won free sessions (Charlotte, Linda, Tien, Bryanna, Gina, Gail, Jena, Tina, Nichole, Melanie, Courtney, Matt, Shari, Jessica, Kelly, Cynthia, Sharon, Susan, Catherine, Joey).

Note: We are asking people not to post on Yelp unless you are a person that posts there regularly. Yelp has some qualifying software that looks at each review, and if you are a regular poster, your comment is deemed

"Relevant", otherwise your comment is marked "Not Relevant". While Caring Palms has 15 5-star reviews on Yelp, only three of them are deemed "Relevant", and one has to go through another step to see the remaining 12.

Rising Above It All **by Brian Dean**

This seems to be the theme for this month. In fact, it is the topic of the Ascension Theory workshop on the 31st. But why? Well, there are many reasons.

Lately, it seems harder to keep above the problems of the day. Obviously, the politics of the day has everyone in a tizzy, but that is only a part of things. Life in general seems harder, especially when personal issues make things harder. As one who is recovering from an injury, it makes the things I do, and the things I want to do more challenging. But right there, you see the beginning of, the first steps of rising above the problems. Instead of saying it makes things hard, or impossible, I said it makes things challenging.

This is the attitude that tells others that we roll with the punches, that we get back up again when we are knocked down. Oh sure, we might take a moment and start wondering what else will go wrong, or take a moment and cry over our seeming inability to do anything. But... then we get up and do something.

The idea is that we know that the only way to overcome something is to rally and push back at it whether that be an injury, an illness, or a life problem. Sometimes pushing back means taking another direction, but that is just part of the process.

Sure we may wallow for a bit. We may wonder what we should do, or where we should go, or feel like what we are facing is insurmountable, but eventually, we push back. We don't give up. We may start small, but we do start.

Most of our therapists here at Caring Palms have been dealing with some type of injury or another for the past few months. It has not stopped us from doing what we do. When we find that we are unable to do one thing, we find new ways of doing it. So even though we may be "working wounded", we still give the same quality service that we always have.

When we see the troubles going on in the world, we need to stay somewhat removed from them. Care, yes. Feel, yes. Help, definitely. But what we need to do is not get sucked down into things. Think of walking across a bridge over a roaring river. You see what is going on. You know there is turbulence below. But you don't jump off the bridge into the white water. You look at it from above. You work from above. You do whatever you can from above. Outside of the tornado is calmer than the inside. That is where you work from.

So, as you see things going on, or problems present themselves, do what you can, or what you need. But do it from above. Because rising above the chaos is the only way to see all that is going on, and it gives you a vantage point to see solutions.

Reiki Lineage - The Real Deal **by Brian Dean**

I had a call the other day about someone wanting to take my Reiki classes. The question burning through their mind was... "what is your lineage?" Well, this is a question that gets asked a lot, mostly because a lot of organizations demand it for you to join. It has nothing to do with whether or not you can do Reiki. It is just something for certain people to feel self important. Yes, I feel the need to rant a little, but stay with me.

First off, what is a lineage? A lineage is a list of teachers extending back to the creator of the art that is being taught. In classical music, they make a big deal about a certain instrumentalist being so many steps removed from such greats as Schubert, Liszt, Beethoven. With Reiki, it is a list saying that I was taught by this person who was taught by that person, who was taught by this other person... all the way back to Usui.

Now there are a lot of organizations that make a big deal out of being able to rattle off this list of names to prove your validity. But in truth, this is not important, and possibly may be against the basic spiritual tenants of Reiki itself.

Now, I was taught by Kay Mora, a Reiki master and psychic that lived in St. Augustine until her death in 2003. Her teacher was Judy Montgomery whom I have talked with about 13 years ago. She told me her teacher was Chuck Jacobs who lived in San Jose, CA. At that time, she was not sure if he was living or not, and had no contact information on him. So, my lineage stops at three people. Somewhere along the line, it goes through Takata, then Hayashi, then Usui. The thing is that none of these people felt that knowing this list running back to the creator was important. What was important to them was knowing Reiki, helping people with it, and passing this gift on so others could do the same. And I find this to be the more spiritual approach.

You see being able to give out a list of names does not make you a good teacher. It doesn't even make you good at Reiki. You get that by learning your craft and practicing. I know my teacher could do Reiki. That is how she proved it to me, not by giving me a list of names.

In truth, I feel the "industry" has been overloaded with people that are not into the full spirituality of it. In truth, it is speculated that Hayashi did not teach Takata all the spirituality of the art when he made her a Reiki Master. And that is where Reiki in this country began, and it changed the moment Takata redefined what she would teach, how she would teach it, and what she would charge. (See the letter "The Grandmaster" at the bottom of the History page on the website.)

And what is surprising me is what is being taught in the "industry". One of the big names in Reiki has come out with a new method that he is incorporating into all his teachings. One of the big keys is that the practitioner be able to do Reiki without thinking about it. Huh? I have been teaching this for 20 years. It is what makes a practitioner's Reiki more powerful as they don't control it. To date, I have taught Reiki to 922 students since the time I started keeping records in 2004.

So, what is a lineage? It is a list of names. Is it important? Only in the fact that that a person has to have been attuned by a Reiki Master to create more Reiki Masters. That lineage has to be there. Is it important that a practitioner be able to list these names. No. I feel just like massage, the proof is in their ability.

So, what did this lady do? She decided to move on to find the "real deal". If I think about it, I feel a little insulted. But at the same time, I allow her to find the path that she feels works for her and meets her needs. Namaste.

Guided Meditation CDs Now Available In-House and Online

The first three guided meditations are now available. We have a small inventory in-house). When these have been sold, we will replenish them (replenishment takes about 10 days). These meditations are also available online as CDs or MP3s and can be purchased through the [Meditations Page](#). If you are looking for a safe meditative journey to relax or work, come see us, or purchase one (or all three) online. Available meditations include, Finding Sanctuary, Working Through Past Experiences, and Visiting With Your Guides. We are hoping to have the other three available within a few months.

Reiki Share at Caring Palms

Caring Palms has a Reiki share every month. A Share is where Reiki practitioners get together to work on each other. Group Reiki work is done where each person gets time on the table and worked on by several therapists at once. Any practitioner is invited no matter what lineage they have or practice level they are at. If you are a non-practitioner and have not experienced Reiki, you are also welcome.

Due to the holidays, the Reiki share has been cancelled until February, and we are changing nights from Wednesday to Tuesday.

The next Reiki share is on Tuesday, March 6th from 7pm to 9pm.

Please let us know if you will be coming.

Reiki Class Schedule



The following is a list of currently scheduled Reiki Classes. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. Any class marked as 'Closed' has filled up. (Note: In some cases, one may be able to enter a class marked 'Closed' with permission of the instructor.)

Reiki 1

- March 13 (Saturday) 10am - 5pm **Confirmed**

- April 14 (Saturday) 10am - 5pm
- May 12 (Saturday) 10am - 5pm
- June 9 (Saturday) 10am - 5pm
- July 14 (Saturday) 10am - 5pm
- August 11 (Saturday) 10am - 5pm
- September 8 (Saturday) 10am - 5pm
- October 13 (Saturday) 10am - 5pm
- November 10 (Saturday) 10am - 5pm

Reiki 2

- July 23 (Saturday) 10am - 5pm
- October 27 (Saturday) 10am - 5pm

Reiki 3

- March 24 (Saturday) 10am - 5pm **Confirmed**
- August 25 (Saturday) 10am - 5pm
- November 17 (Saturday) 10am - 5pm

All classes are open to anyone wanting to learn this unique method of hands-on healing. The cost for each class is \$125 no matter what level of Reiki the class is for. A \$50 deposit is required a minimum of seven (7) days prior to the class date (or permission of the instructor) to reserve a space in the class. Classes with no deposits received by the cut off date will be canceled. All class statuses may be viewed under Reiki, Reiki Class Information, and Class Schedule. You can also sign up for classes there. (Check the website for the location.)

Each Reiki class is NCBTMB and Florida Board of Massage Approved for six (6) Continuing Education Hours (CEUs)

Advanced Body Mechanics and Techniques

The following is a list of currently scheduled classes. This class is a two-day class worth 12 CE hours for massage therapists. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. The schedule is as follows:

- April 28 (Saturday) 9am - 5pm, and April 29 (Sunday), 10am - 4pm
- September 7 (Saturday) 9am - 5pm, and September 8 (Sunday), 10am - 4pm

All classes are scheduled to be held at the Caring Palms Studio. Should the location change, that change will be on the website and students notified.

Maximize your results with less effort. Utilize the science of martial arts and apply it to massage. Advanced Body Mechanics and Techniques for Massage Therapists, is designed to reconnect the massage therapist with proper body mechanics and techniques while putting a new twist on things and showing how to get more pressure with little effort. While it does go over some basics, it takes body mechanics to a new level where every move involves the use of the therapist's entire body so they can work without hurting themselves. The class being part lecture, part hands-on practice takes positions, centering, and the proper use of body strength from Japanese martial arts and applies them to the art of massage therapy. It also shows how to focus one's energies to increase their strength with simple exercises meant to teach the student how to 'think' beyond where they are working so they can get deeper into the client and to channel their energies to the point of thought. The student will learn how to focus their energies and use their body to do deep work and not get hurt. This class will help anyone to work deeply with less effort no matter if one is 90 pounds or 250 pounds. This class is for both the seasoned therapist and the new therapist. It will show moves everyone does, but in a new light as well as moves many people may not have seen before. The idea is not to dictate how to practice, but to show better body mechanics which the therapist can adapt to what they do. This is true whether they adapt all of it or just part of it.

NCBTMB and Florida Board of Massage Approved for twelve (12) Continuing Education Hours (CEUs)

Class Cost: \$ 300

This class is for licensed massage therapists or anyone that regularly uses massage in their practice. For those looking to learn basic massage for relaxation for their partner or friends, see the website on the Massage For Couples classes.

To sign up for classes, go to the website and select Continuing Education, Advanced Body Mechanics and Techniques, and Class Schedule to see additions and changes or to sign up.

Caring Palms Hosts Mediumship Classes

Every month, Caring Palms is host a mediumship class taught by Marilyn Jenquin of the International Foundation for Spiritual Knowledge. In this class, Marilyn teaches the British style of mediumship (this is similar to the style used by John Edward). Each class contains a lecture, a meditation, and class exercises. This is for all ranges of students from the beginner, to the long time student.

Mediumship is a method of communicating with people who are no longer in their physical body, but in the spirit world. The class teaches students to do evidential readings as exercises so they get comfortable developing a relationship with those in spirit. This class is for anyone wanting to work with spirit whether they intend to become professional mediums or simply to use it in their everyday lives.

Classes are usually scheduled the fourth Thursday of each month from 1pm to 3:30pm at the Caring Palms studio. For more information, go to the [IFSK Website](#) where you can learn more about this, check class schedules and locations, and get contact information.

Modality of the Month Deep Tissue Massage

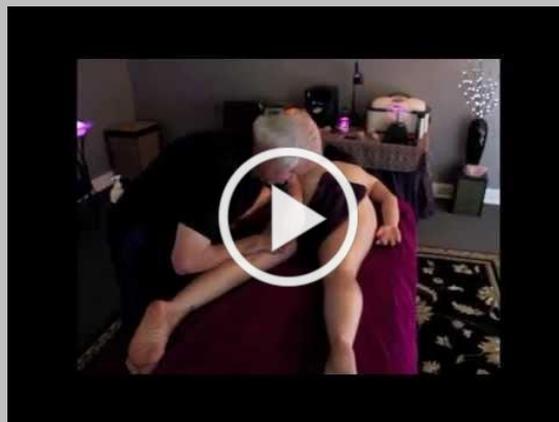
One The Freeform style of massage is unique in that it follows no pattern, no routine. It is more intuition driven rather than routine driven. This gives the client something created just for them, based on their needs. From massage to massage, there may be similar things, but there is always something different, something new (if the needs are different).

When most people go for a massage, they get a routine. Caring Palms is no different in that the basic massages are based on a routine. Now any good therapist will change that routine somewhat with each client as each client has different needs. Those routines for basic massage will change. Some moves will be added, some dropped out so that the client's specific needs are met.

A freeform style does away with routines. Now, some of the moves may come from those routines, and some of those moves may be put together similarly because they go well together, but the overall combination is unique. It is not unusual for new moves to be created in the moment based on the therapist's intuition and connection to what the client needs most.

Now, Caring Palms' version of Freeform massage varies from therapist to therapist, each having their own special take on the style. (This is effectively true for any style of massage as each therapist will put their own spin on it. If this did not happen, every therapist would do exactly the same thing.)

[Read more](#)



[Freeform Massage](#)

(Click on picture or description to see video)

Brian Offering Readings

Brian is now doing readings to anyone that wants to sit for one for \$40 for up to one hour. Keep in mind, these are mediumship readings, not psychic readings. If you have an interest, please contact Brian and something can be scheduled. These can also be scheduled from the website.



Caring Palms Promise

At Caring Palms, we pledge to do the best work we can at every session. We not only do this to continue to earn your business, but because we believe that you deserve the best care possible every time you are here. This is true whether it is massage, or energy work, or classes. This is our promise. This is what we will continue to do.

Forward This Newsletter

Did you know that Caring Palms offers a Referral Bonus? Forward this newsletter to people you know, and if they come in for a session and give your name, you will get \$5 off your next purchase. And the beauty of this is that it is cumulative. If two people come in, you get \$10 off your next purchase, three people, \$15 off, and so forth. So if you know people that could benefit from any of the services we offer (and everyone can), forward this newsletter to them. If they come in, you will benefit as well.

Can We Answer Your Questions?

You have Questions? Maybe we have answers. Each month, we write articles on a variety of subjects. Is there something that you would like to see us write about? Do you have questions that you'd like answered? Do you have questions on massage? On Reiki? On energy work in general? Submit your questions or requests to Brian@CaringPalms.com we will try to see if we can answer them for you.

Connect with us



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STAY CONNECTED

